



Health Benefits of Celeriac

Celeriac is also called celery root or knob celery. It is a starchy, winter root vegetable like potatoes or carrots that tastes like celery. It can be consumed raw or cooked.

1 cup raw celeriac provides:

- 66 calories, 2 gm protein, 3 gm fiber, no fat and no cholesterol

Potential benefits of consuming celeriac:

- Excellent source of vitamin K important for blood clotting and bone health; Good source of potassium to lower blood pressure. Phosphorus and manganese for bone health
- Contains antioxidants like vitamin C and B6 for neurotransmitters and normalizing homocysteine levels
- Has high natural nitrates for producing nitric oxide which lowers blood pressure and improves blood circulation
- Has a lower glycemic index than potatoes and high fiber to aid in digestion, satiety and feeding healthy microbiome
- Chop, slice or grate raw into salads, retaining vitamin C and B6
- Bake, roast, boil or mash like potatoes, blend for soups or sauces

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